



Be Yourself/Se tu mismo

Tier 2 – Research and Demonstration

Diego Uriburu
Identity, Inc.

Susan F. Wood
The George Washington University
School of Public Health and Health Services

Program Goal

To reduce teen pregnancy rates and risky behaviors among 9th and 10th grade Latino youth by assisting them to make positive decisions regarding all aspects of their lives.

This is accomplished by:

- working with youth to strengthen their understanding of and respect for their true selves;
- developing individualized plans for their goals, identifying possible barriers, including teen pregnancy, and supporting the youth in the process to accomplish them; and
- by delivering critical and accurate reproductive health information and access to services.

Positive Youth Development (PYD)

A strengths-based model which views youth as assets to be nourished rather than problems which need to be fixed. The model encourages the identification and strengthening of protective factors in youth's lives which will assist them in negotiating the risk factors they encounter on a daily basis.

Stages of Change

Focuses on cognitive and behavioral change, and is incorporated into the program in order to assist youth in taking the steps necessary toward positive changes, by meeting them where they are.

Motivational interviewing is used to assist youth in considering the possibility of change, contemplating the risks and benefits of change, and preparing for moving forward with making changes in his or her life.

Program Components

- After school curriculum-based group sessions, 16 weeks
- Weekend retreat which reinforces curriculum and allows for more intensive and focused work with youth
- Social media – web-based and mobile text messaging
- Case Management Services and Individual Action Plans and Sessions

Partnering Organizations

- George Washington University
- Identity, Inc.
- Mary's Center
- TAYA Health Connection
- Montgomery County Public Schools
- Prince George's County Public Schools

Progress to Date

- Strengthening of the Be Yourself/Sé Tú Mismo Curriculum
- Creation of a Manual for Youth Development Workers
- Curriculum sessions piloted with 94 youth from 5 schools
- Weekend retreat piloted with 64 youth

Benefits of Funding

- Improvement of curriculum and program design
- Improvement of program protocols
- Ability to serve more youth
- Better train staff

Evaluation Design

- Group randomized control trial
- Pre-post test design
 - 4, 6, 10 month post intervention follow up
- 12 school sites: 6 intervention/6 control
- 20 youth per school site, neutrally recruited each semester (n=1440)
- Mobile tablet computer data collection with Audio questions/confidential answers

Outcomes

- 20% of participants will report delayed sexual onset or being sexually abstinent within 4, 10, and 16 months after program enrollment.
- 75% of participants will report a *decrease* in pregnancy wantedness and ambivalence 4, 10, and 16 months after program enrollment.
- 40% of sexually active participants will report an *increase* in condom use within 4, 10, and 16 months after program enrollment.
- 40% of sexually active participants will report an *increase* in contraceptive use within 4, 10, and 16 months after program enrollment.
- 50% of participants will report an *increase* in utilization of family planning services within 4, 10, and 16 months after program enrollment.

What We've Done

- Development of Texting messages evaluation using focus groups/surveys
- Control program developed - Fitness/Nutrition education
- Process and Outcome instruments developed
- MOUs with Schools
- IRB submission

Next Steps

- Finalization of Curriculums, Surveys, and outcome measures
- Implementation
 - 1st students in September 2011!